

by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#)© | 14 June 2023 |

[Yoga philosophy and mindfulness are intertwined, like the breath and the](#)

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philosophy provides a framework for understanding the nature of reality and our place in it, while mindfulness is a practice that helps us to bring this understanding into our everyday lives.

This and the following information is from <https://yogajala.com/what-religion-is-yoga/>

Here are some of the ways in which yoga philosophy and mindfulness complement each other:

- **Yoga philosophy provides a foundation for mindfulness.** Yoga philosophy teaches us about the nature of the mind, the body, and the soul. This understanding can help us to see our thoughts and emotions for what they are, rather than getting caught up in them.
- **Mindfulness helps us to put yoga philosophy into practice.** Mindfulness is a practice that helps us to focus our attention on the present moment, without judgment. This can help us to live our lives in accordance with the principles of yoga philosophy, such as non-violence, compassion, and non-attachment.

If you are interested in learning more about yoga philosophy and mindfulness, there are many resources available. You can find books, articles, and online courses on these topics. You can also find yoga classes and workshops that incorporate mindfulness into their teachings.



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Yoga Philosophy and Mindfulness: Two Peas in a Pod

Yoga philosophy and mindfulness are two complementary approaches to living a more fulfilling and meaningful life. Yoga philosophy provides a framework for understanding the nature of reality and our place in it, while mindfulness is a practice that helps us to bring this understanding into our everyday lives.

Yoga Philosophy

Yoga philosophy is a vast and complex topic, but at its core, it is about the union of body, mind, and spirit. The word “yoga” comes from the Sanskrit word “yuj,” which means “to yoke” or “to unite.” In yoga philosophy, we are all seen as being made up of three parts: the physical body, the mind, and the soul. These three parts are interconnected, and when they are in balance, we experience health, happiness, and well-being.

Yoga philosophy teaches us about the nature of reality and our place in it. It teaches us that we are all part of a larger whole and that we are all interconnected. It also teaches us that we have the power to control our own thoughts, feelings, and actions.

Mindfulness

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of being aware of our thoughts, feelings, and sensations, without getting caught up in them. Mindfulness can be practiced through a variety of techniques, such as meditation, yoga, and tai chi.

When we practice mindfulness, we are training our minds to be more focused and present. We are also learning to accept our thoughts and feelings, without judging

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The Interconnection of Yoga Philosophy and Mindfulness



Yoga philosophy and mindfulness are two complementary approaches to living a more fulfilling and meaningful life. Yoga philosophy provides a framework for understanding the nature of reality and our place in it, while mindfulness is a practice that helps us to bring this understanding into our everyday lives.

When we practice yoga, we are not only strengthening our bodies, but we are also training our minds to be more focused and present. We are also learning to accept our thoughts and feelings, without judging them. This is the essence of mindfulness.

Mindfulness can also help us to deepen our understanding of yoga philosophy. When we are mindful, we are more likely to notice the subtle sensations in our

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The Benefits of Combining Yoga Philosophy and Mindfulness

There are many benefits to combining yoga philosophy and mindfulness. These benefits include:

- Reduced stress and anxiety
- Improved mood
- Increased self-awareness
- Enhanced relationships
- Improved work performance
- Increased overall well-being

If you are interested in learning more about yoga philosophy and mindfulness, there are many resources available. You can find books, articles, and online courses on these topics. You can also find yoga classes and workshops that incorporate mindfulness into their teachings.

I hope I've given you a better understanding of the relationship between yoga philosophy and mindfulness. These two approaches can be powerful tools for improving our lives. If you are looking for ways to reduce stress, improve your mood, and increase your overall well-being, I encourage you to explore yoga philosophy and mindfulness.

Charlotte Fruegaard says “The 8 limbs of yoga are an ancient wisdom and a central part of yogic philosophy. They offer the practitioner guidelines for how to live a **fulfilling, meaningful, and purposeful life.**”

One of the reasons that most people think mainly of yoga as a physical practice is because of the pragmatic **Western approach** to a practice that is deeply rooted in Eastern philosophy.

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off the mat.

An Overview Of The 8 Limbs Of Yoga – The Eightfold Path

1. **Yama** – (Attitudes Toward Our Environment)
2. **Niyama** – (Attitudes Towards Ourselves)
3. **Asanas** – (The Physical Postures)
4. **Pranayama** – (Control Of The Breath)
5. **Pratyahara** – (Withdrawal Of The Senses)
6. **Dharana** – (Concentration)
7. **Dhyana** – (Meditation)
8. **Samadhi** – (Complete Integration)

Patanjali's eight limbs of yoga within the Yoga Sutra, yoga is a set of practices leading to Samadhi. But what are the practices, and what is Samadhi?

- **Yamas** – The five Yamas are an ethical code for our interaction with the world and all things external. They consist of the following:
 - Ahimsa (non-violence)
 - Satya (truthfulness)
 - Asteya (non-stealing)
 - Brahmacharya (moderation of the senses/right use of energy/sexual restraint)
 - Aparigraha (non-greed/non-hoarding)
- **Niyamas** – The five niyamas are inner observances which include:
 - Saucha (cleanliness)
 - Santosha (contentment)

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- **Asana** – Literally meaning “seat,” asana is the manipulation of the body through postures. In Patanjali’s times, these would have just been seated postures, unlike the wide variety of poses developed throughout history to what we know now as modern yoga. Asana is considered a part of preparing the body to be comfortable while still for long periods.



- **Pranayama** – The control and retention of breath to manipulate prana or energy within the body is pranayama. There are many different methods of pranayama, some of which are kriyas which help to cleanse the body.
- **Pratyahara** – The withdrawal of the senses is a bridge between the external (the first five limbs) and the internal (the remaining three limbs).
- **Dharana** – The sixth limb is concentration. Fixating the mind on a single object is preparation for meditation.
- **Dhyana** – This limb is concerned with meditation on not a single object but on the mind itself.

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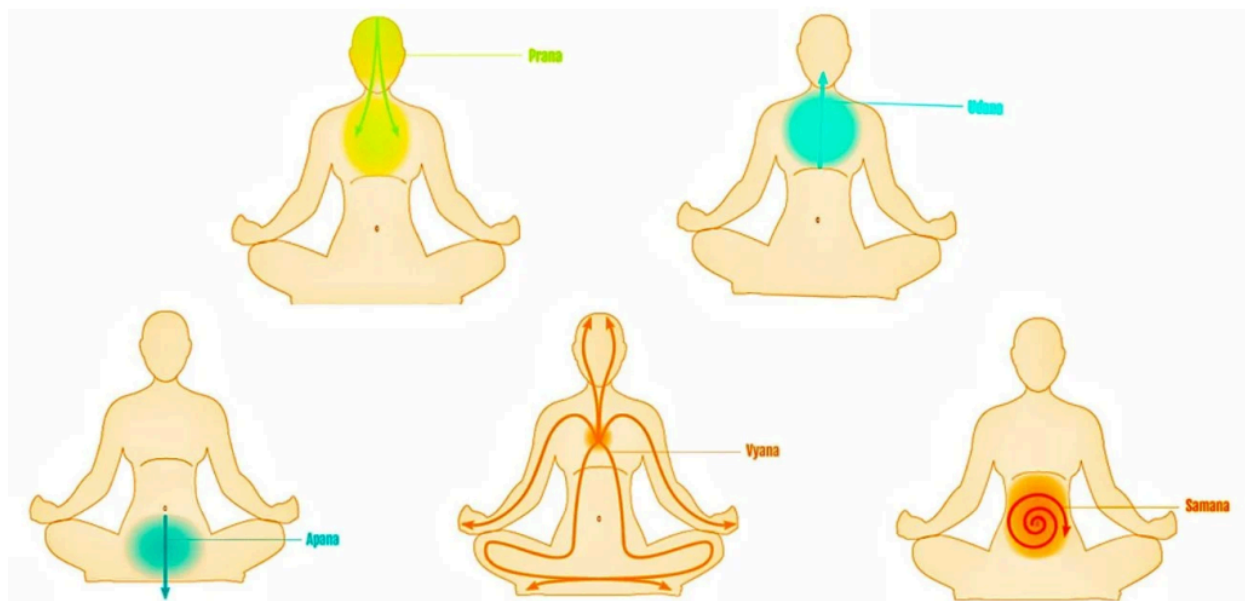


How Has Colonialism Influenced Yoga And Hinduism?

Hinduism was coined to view Indian systems of religion and practice through a Western lens. Hinduism, unlike Christianity, is not a belief system, and its polythetic approach makes it somewhat incompatible with the term religion.

What Does Yoga Mean? Translation

The word yoga is derived from the Sanskrit word **Yuj** which you'll frequently hear translated as 'to **join**,' 'to **yoke**,' "to **unite**," or "to **connect**."



- **But union with what?** There are many interpretations here, including the union of mind, body, and soul or union with God/Absolute/Universe.

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Laia Bove states: One of the most **fundamental concepts in the practices of yoga is the acknowledgment that everything in life is subject to the ebb and flow** of our existence; light cannot be seen without darkness, expansion happens after contraction; heartbreaking lows can follow incredible highs, and like the lotus flower through the muddy waters, we must root to rise.

Root To Rise: What Does This Common Yoga Phrase Mean?

To root means to establish oneself deeply and firmly, to be grounded and entrenched in the present moment.

To rise means to emerge, to move from a lower position to a higher one, moving upwards; coming back to life.

So you should know the brief history of yoga, the philosophy of yoga, and how yoga is part of practicing Mindfulness. A lot to take in within a short time frame. We are half way over. I hope you are seeing that practicing mindfulness includes yoga, meditation, and other mindful exercises. To me, the three are intertwined and ever-evolving as to our body's present moment needs.

Yoga Philosophy: A Framework for Understanding Reality

Yoga philosophy is a vast and complex topic, but at its core, it is about the union of body, mind, and spirit. The word “yoga” comes from the Sanskrit word “yuj,” which means “to yoke” or “to unite.” In yoga philosophy, we are all seen as being made up of three parts: the physical body, the mind, and the soul. These three parts are

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Yoga philosophy teaches us about the nature of reality and our place in it. It teaches us that we are all part of a larger whole and that we are all interconnected. It also teaches us that we have the power to control our own thoughts, feelings, and actions.

The Nature of Reality

Yoga philosophy teaches us that reality is not as it appears. The world that we see around us is not the ultimate reality. It is simply a manifestation of the underlying reality, which is known as Brahman. Brahman is the unmanifested, eternal, and infinite source of all that exists.

The world that we see around us is constantly changing. Things are born, they grow, they change, and they die. But Brahman is unchanging. It is the same yesterday, today, and tomorrow. It is the same in all places and at all times.

We are all part of Brahman. We are all made of the same stuff. We are all connected. We are all one.

Our Place in Reality

Yoga philosophy teaches us that we have a special place in reality. We are not just passive observers of the world. We are active participants in the creation of reality. We have the power to choose our thoughts, our feelings, and our actions.

When we choose to live following the principles of yoga philosophy, we are contributing to the creation of a more harmonious and peaceful world. We are also helping to raise our own consciousness and to achieve enlightenment.

The Eight Limbs of Yoga

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unite our body, mind, and spirit.

The eight limbs are:

- **Yamas:** The yamas are ethical principles that guide our interactions with others. They include non-violence, truthfulness, non-stealing, chastity, and non-attachment.
- **Niyamas:** The niyamas are personal disciplines that help us to control our thoughts, feelings, and actions. They include cleanliness, contentment, self-discipline, self-study, and devotion to God.
- **Asanas:** Asanas are physical postures that help us to align our body and mind.
- **Pranayama:** Pranayama is breath control that helps us to control our energy and to calm our mind.
- **Pratyahara:** Pratyahara is withdrawal of the senses that helps us to focus our attention on the present moment.
- **Dharana:** Dharana is concentration that helps us to focus our attention on a single point.
- **Dhyana:** Dhyana is meditation that helps us to experience pure consciousness.
- **Samadhi:** Samadhi is enlightenment that is the state of union with Brahman.

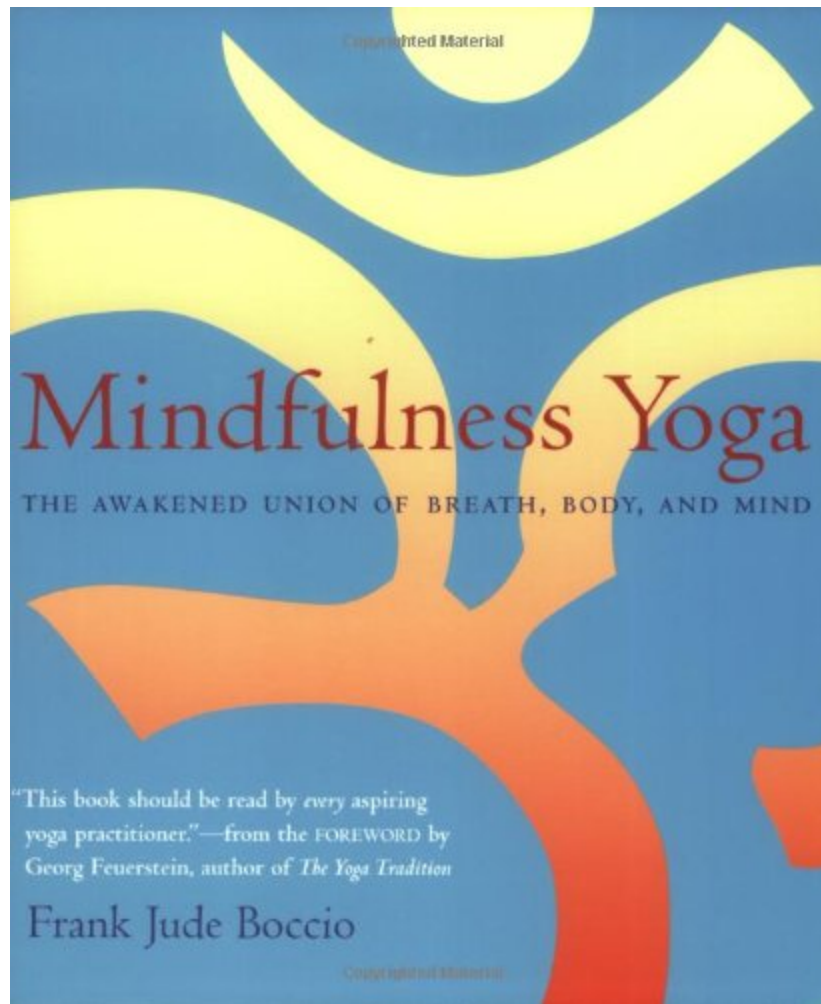
The eight limbs of yoga are not linear path. We can practice them in any order that works for us. The important thing is to practice them regularly and to keep our hearts open.

Conclusion

Yoga philosophy is a rich and complex tradition that has something to offer

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Allibris Books

Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.



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Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Yoga

here are 4 intermediate Hatha Yoga poses:

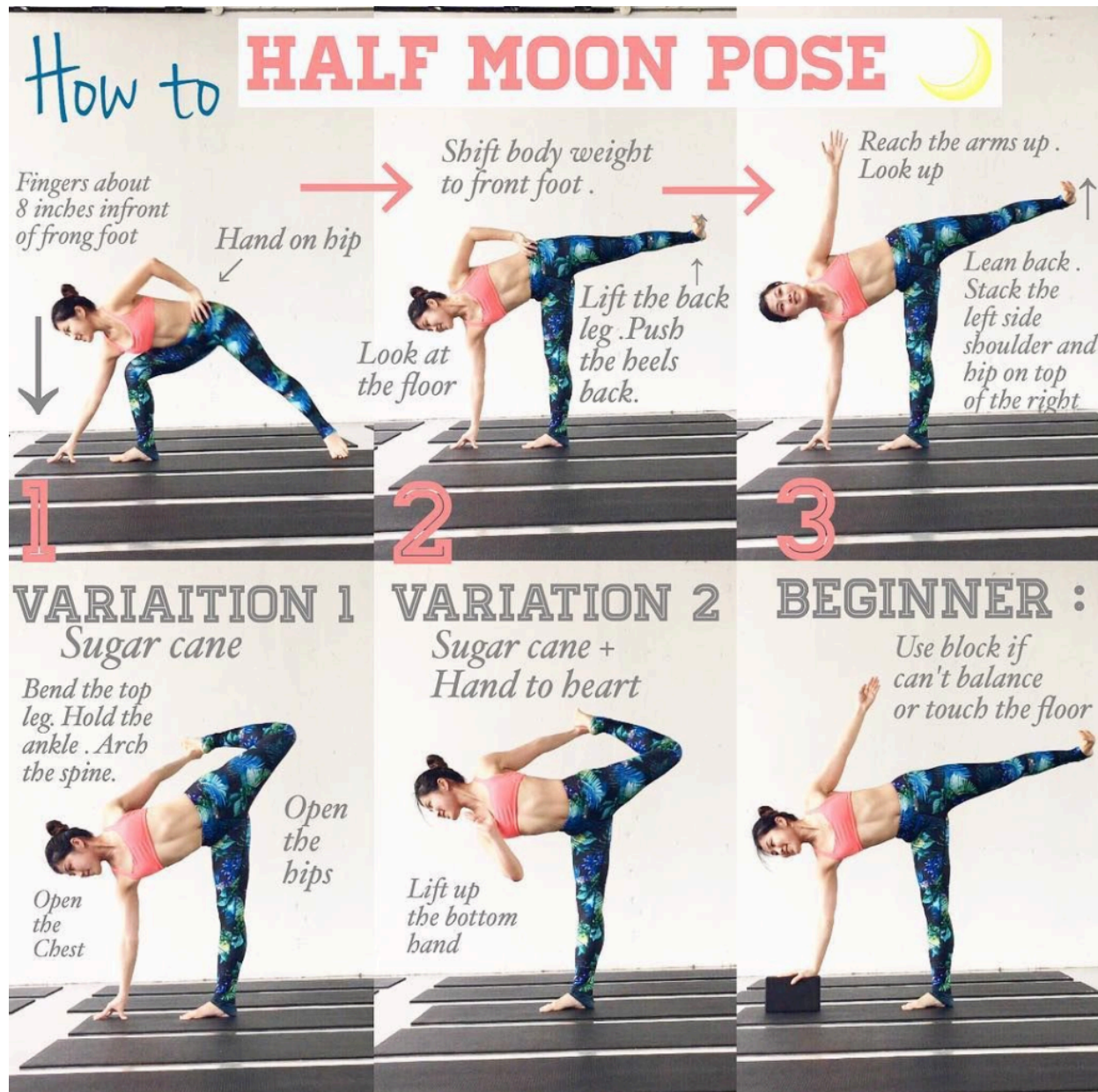
- **Half Moon Pose (Ardha Chandrasana):** This pose is a great way to strengthen the core, hips, and legs. It also helps to improve balance and coordination. As you hold the pose, focus on your breath and on the alignment of your body. Notice how your body feels as you move into and out of the pose. With mindfulness, you can learn to trust your body and to let go of any fear or doubt. [Opens in a new windowEkhart Yoga](#)Half Moon Pose (Ardha Chandrasana) yoga pose



<https://www.ekhartyoga.com/resources/yoga-poses/half-moon-pose>

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- **Extended Triangle Pose (Trikonasana):** This pose is a great way to stretch the sides of the body, and it also helps to improve balance and coordination. As you hold the pose, focus on your breath and on the sensations in your body. Notice how your body feels as you move into and out of the pose. With mindfulness, you can learn to accept your body as it is, and to appreciate the challenges and rewards of this pose. [Opens in a new window](#) [Yoga Journal](#) Extended Triangle Pose (Trikonasana) yoga pose

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<https://www.yogajournal.com/poses/extended-triangle-pose/>

9 Variations of Trikonasana Basic To Advance | Fitness & Wellbeing



<https://youtu.be/MsPFU3LFUR0>

- **Crow Pose (Bakasana):** This pose is a challenging pose that requires strength, balance, and focus. It is a great way to build upper body strength

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and to let go of any fear or doubt.[Opens in a new window](#)[Leah Sugerman](#) Crow Pose (Bakasana) yoga pose



Crow Pose Variations Practice With Samrat Pasham



<https://youtu.be/ySH8Yt6MfCk>

- **Wheel Pose (Urdhva Dhanurasana):** This pose is a great way to

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[new windowOmstars](#) Wheel Pose (Urdhva Dhanurasana) yoga pose



<https://omstars.com/blog/pose-tutorials/how-to-do-urdhva-dhanurasana-wheel-pose-or-upward-facing-bow-pose/>



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These are just a few examples of intermediate Hatha Yoga poses that can help you to connect with the philosophy and mindfulness of yoga. As you practice these poses, be sure to listen to your body and to modify them as needed. With regular practice, you will begin to experience the many benefits of yoga, both physically and mentally.

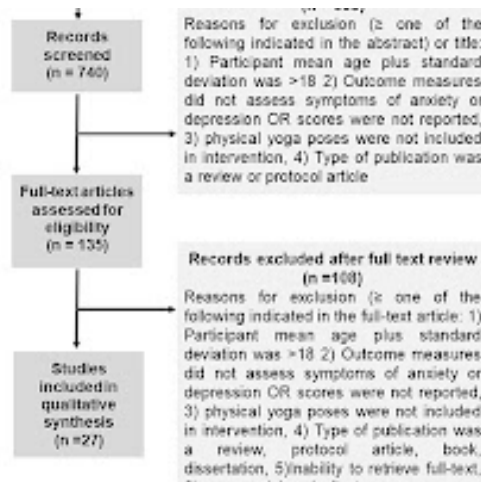
Research

three academic and scientific articles on the topic of yoga philosophy and mindfulness:

- **“Yoga and Mindfulness: A Review of Current Research”** by Kimberly Ann Johnson, published in the Journal of Alternative and Complementary Medicine in 2013. This article provides a comprehensive overview of the

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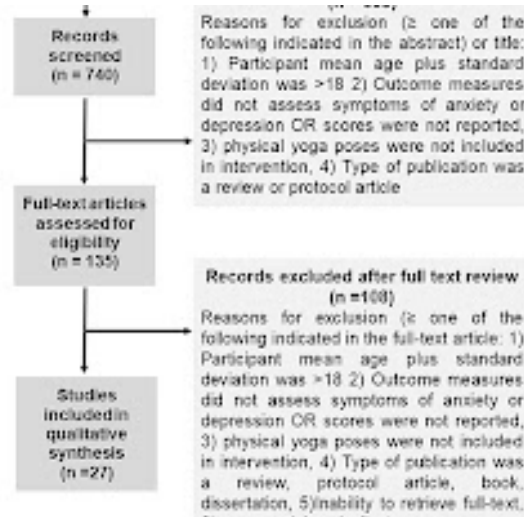
<https://www.frontiersin.org/articles/10.3389/fped.2020.00078/full>

- **“Yoga as a Mind-Body Intervention: Current State of Research”** by Timothy McCall, published in the Journal of the American Osteopathic Association in 2015. This article discusses the history of yoga, its philosophical foundations, and its potential benefits for physical and mental health. It also provides an overview of the research on the effects of yoga on specific conditions, such as pain, anxiety, and depression. [Opens in a new windowMDPI](#) Yoga as a Mind-Body Intervention: Current State of Research article



<https://www.mdpi.com/2079-9721/10/4/107>

effects of yoga on mindfulness and well-being. The results showed that yoga can significantly improve mindfulness, as well as reduce stress, anxiety, and depression. [Opens in a new windowFrontiers](https://www.frontiersin.org/articles/10.3389/fped.2020.00078/full) Effects of Yoga on Mindfulness and Well-Being: A Systematic Review article



<https://www.frontiersin.org/articles/10.3389/fped.2020.00078/full>

These are just a few examples of the many research studies that have been conducted on the benefits of yoga and mindfulness. The evidence suggests that these practices can be effective in improving physical and mental health, as well as reducing stress and improving well-being. If you are interested in learning more about yoga and mindfulness, I encourage you to do some research and find a class or teacher that is a good fit for you.

Resources

BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
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- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)**
<https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

Sign up for our newsletter: <http://eepurl.com/hQlzgl>

Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

Deva's BoHo Shoppe

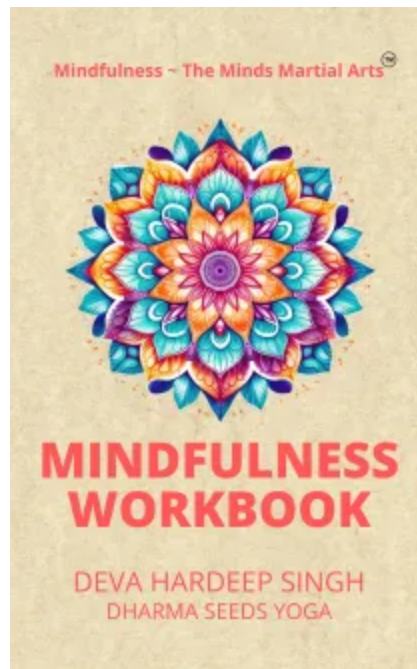
Dharma Seeds Yoga brochure

Join our Engage Mindfulness™ *Minds Martial Artist™* program FREE



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For more information on our Engage Mindfulness™ please
email: dharmaseedsyoga@gmail.com



NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including



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The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



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Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

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